SEPTEMBER 2013				
Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED LABOR DAY	9:00 Pool 9:15 Bridge – Womens 10:30 Current Events 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Womens 2:00 Arthritis Exercise w/ Lisa 2:00 Ballroom Dancing #1 Rumba	9:00 Pool 9:00 Keep Well Clinic 9:00 Table Tennis 9:15 Exercise P&R 10:30 Housing Option Tour 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Lesson Groups 2:45 Better Balance	9:30 Piano Lessons 10:00 Knitting 10:00 Whist 10:00 Zumba 10:30 Pool – Travel League 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Arthritis Exercise with Randi #1	9:00 Pool 6 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 10:00 Walking Club Castle Island, Boston 10:30 Exercise 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games 1:00 Mah Jong 1:00 Movie "Silver Linings Play Book" (2012)
9:00 Pool 9:00 Walking Club 9:00 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga w/ Sandi 10:15 Senior Strength 11:30 Lunch Bunch Noonhill Grill, Medfield 11:45 Lunch 12:00 Line Dancing #4 12:00 Art Class #2 12:45 Weight Management Support Group 2:00 Hoarding Support Group	9:00 Pool 9:15 Bridge – Womens 10:00 Creative Writing 11:45 Lunch 12:45 Singing Group 1:00 Cribbage – Womens 1:00 Bridge - Mens 2:00 Arthritis Exercise w/ Lisa 2:00 Ballroom Dancing #1 Rumba	9:00 Pool 9:00 Table Tennis 9:15 Exercise P&R 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Lesson Groups 2:45 Better Balance	12 10:00 Knitting 10:00 Whist 10:00 Zumba 10:30 Pool – Travel League 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Arthritis Exercise with Randi #1	9:00 Pool 13 9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 10:30 Exercise 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games 1:00 Mah Jong 1:00 Movie "Hyde Park on the Hudson" (2012)
9:00 Pool 9:00 Walking Club 9:00 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga w/ Sandi 10:15 Senior Strength 11:30 Lunch Bunch 11:45 Lunch 12:00 Art Class #2 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:30 Hearing Screening 2:00 Hoarding Support Group	9:00 Pool 9:15 Bridge – Womens 10:30 Current Events 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Womens 2:00 Arthritis Exercise with Lisa 2:00 Ballroom Dancing #1 Rumba	9:00 Pool 9:00 Table Tennis 9:00 Keep Well Clinic II:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Lesson Groups 2:45 Better Balance	19 10:00 Knitting 10:00 Whist 10:00 Zumba 10:30 Pool – Travel League 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Arthritis Exercise with Randi #1	9:00 Table Tennis 9:15 Senior Strength 9:15 Quilting 10:30 Low Vision Group 10:30 Ex Park & Rec 11:45 Lunch 1:00 Bridge – Men 1:00 Board Games 1:00 Mah Jong 1:00 Movie "Quartet" (2012)
9:00 Walking Club 9:00 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga w/ Sandi 10:15 Senior Strength 11:30 Lunch Bunch One Bistro, Norwood 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:30 Canasta #3 2:00 Hoarding Support Group	9:15 Bridge – Womens 10:00 Creative Writing 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Womens 2:00 Arthritis Exercise with Lisa 2:00 Ballroom Dancing #1 Rumba	9:00 Pool 9:00 Table Tennis 9:15 Exercise P&R 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:00 Bridge Lesson Groups 2:45 Better Balance	10:00 Knitting 10:00 Whist 10:00 Zumba 10:30 Pool – Travel League 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Arthritis Exercise with Randi #1	9:00 Pool 9:00 Table Tennis 9:15 Quilting 9:15 Senior Strength 9:15 Quilting 10:00 Walking Club The Rose Fitzgerald Kennedy Greenway, Boston 10:30 Neighborhood Tour 11:45 Lunch 1:00 Board Games Mah Jong, Scrabble 1:00 Movie "Life of Pi" (2012)
9:00 Pool 30 9:00 Walking Club 9:00 Table Tennis 9:00 Tai Chi Class #6 9:00 Yoga w/ Sandi 10:15 Senior Strength 11:30 Lunch Bunch Chateau, Waltham 11:45 Lunch 12:00 Art Class #2 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:30 Canasta #3 2:00 Hoarding Support Group	CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 • www.needhamma.gov Offsite Locations of Programs #1 Charles River YMCA 380 Chestnut Street #2 Needham Public Library I 139 Highland Avenue #3 Avery Crossings Assisted Living I 10 West Street Please Note: Items in bold indicate that sign-up is required.			